

Hetty Hekman's

# Graham Cracker

COOK BOOK



Hekman's

®



## A Message from Hetty Hekman

Today's modern meal planning calls for a good deal more ingenuity and imagination than it did in the days when the ideal meal was as lavish an assortment of rich, heavy dishes as the household budget could afford. That's why dessert, mealtime and refreshment suggestions that combine a delicious, satisfying flavor with a truly tempting appearance . . . rich in nutrition and taste appeal, but low in cost and calories . . . are always welcome additions to every woman's recipe collection.

And here, in my new GRAHAM CRACKER COOKBOOK, we've modernized and glamorized an old family friend and favorite — Hekman's Honey-Flavored Graham Crackers — and discovered five exciting new ways to add extra appeal and greater economy to every mealtime and snack time occasion.

Naturally, any recipe prepared with Hekman's Honey-Flavored Graham Crackers simply *has* to be good! Because Hekman's Honey Grahams are made the delicious old-fashioned way . . . of the finest old-fashioned ingredients . . . in one of America's newest, finest, most modern bakeries. Made, as always, of hearty, healthful graham flour and pure, mild honey . . . baked to golden-brown perfection of flavor, texture and fragrance . . . and popped hot from the oven into Hekman's famous 3-in-1 cellophane wrappers to keep 'em oven-fresh till they reach your table. Sound good? *They are!* . . . and I hope that you have as wonderful a time preparing and enjoying these new Graham Cracker treats as I've had planning them!

Hetty Hekman



# Hetty Hekman's *tempting* UNBAKED FUDGE DROPS



A sweet-treat  
for mealtime  
desserts,  
afternoon or  
evening  
refreshment.  
No baking  
needed!

## FULL RECIPE: 50 COOKIES

- 30 individual Hekman's Honey-Flavored Graham Crackers.
- 2 cups beet or cane sugar.
- 1 cup milk.
- 2 tablespoons butter or margarine.
- 24 marshmallows, cut in quarters.
- $\frac{1}{2}$  cup chopped pecans.
- 2 squares chocolate.

Combine sugar, chocolate, milk and butter or margarine in a large saucepan. Bring to a boil very slowly and stir constantly until sugar is completely dissolved. Boil slowly for five minutes, stirring occasionally. Cool to lukewarm. Crush Graham Crackers very fine. Add marshmallows, crumbs and nuts to chocolate mixture. Stir until crumbs are thoroughly blended. Drop by teaspoonfuls on waxed paper. Top with pecan halves. Let stand until firm, about two hours.

Cost per cookie: Less than 1.5¢ (approximately)

Calories per cookie: 72 (approximately)

made with **Hekman's Honey-Flavored**  
*Graham* **CRACKERS**





# Hetty Hekman's *tantalizing* **FROZEN PINEAPPLE TORTE**

Line a refrigerator ice cube tray with waxed paper. Crush Graham Crackers very fine. Sprinkle  $\frac{1}{4}$  cup of the crumbs in tray and reserve  $\frac{1}{4}$  cup for top of torte. To remainder of Graham Cracker crumbs add the drained pineapple, maraschino cherries, and lemon juice. Mix with spoon until well blended. Whip cream; fold in sugar and vanilla. Fold into pineapple mixture. Turn into refrigerator tray; sprinkle remaining crumbs over the top. Place in freezing compartment of refrigerator; freeze at coldest temperature, setting until firm (3 to 4 hours). Set temperature control at normal setting to let torte "ripen" for 2 or 3 hours before serving. Garnish with maraschino cherries and bits of pineapple.

Cost per serving: 12¢ (approximately)

Calories per serving: 275 (approximately)

## FULL RECIPE: 6 to 8 SERVINGS

20 individual Hekman's Honey-Flavored Graham Crackers.

1 No. 2 can crushed pineapple, well drained.

$\frac{1}{4}$  cup sliced maraschino cherries, well drained.

3 tablespoons lemon juice.

$\frac{1}{2}$  pint whipping cream.

$\frac{1}{4}$  cup beet or cane sugar.

$\frac{1}{2}$  teaspoon vanilla extract.

A gay,  
glamorous  
dessert or  
afternoon  
refreshment  
that tastes as  
delightful  
as it looks!



made with **Hekman's** Honey-Flavored  
*Graham* **CRACKERS**







# Hetty Hekman's *glamorous* GRAHAM FRENCH PASTRIES



Exciting and  
easy-to-fix!  
Made in a  
jiffy well in  
advance, no  
last minute  
fuss or muss!

Use 4 Graham Crackers for each serving. Whip cream stiff and fold in sugar and vanilla. Spread tops of four crackers with whipped cream, piling crackers one on top of another. Spread sides of each pastry with whipped cream. With a pastry tube or cake decorating tube, garnish remaining whipped cream around tops of pastries and sprinkle finely chopped nuts or chocolate shot in centers. Chill 4 to 8 hours before serving.

Cost per serving: 14¢ (approximately)

Calories per serving: 395 (approximately)

## FULL RECIPE: 6 SERVINGS

24 individual Hekman's Honey-Flavored Graham Crackers.

1 pint whipping cream.

3 tablespoons beet or  
cane sugar.

1 teaspoon vanilla extract.

made with **Hekman's** Honey-Flavored  
*Graham* CRACKERS





# Hetty Hekman's *delicious* **GRAHAM CRACKER APPLE CAKE**

**FULL RECIPE: 9 SERVINGS**

- 24 individual Hekman's Honey-Flavored Graham Crackers.
- 3 tablespoons shortening.
- $\frac{1}{3}$  cup beet or cane sugar.
- 2 eggs, separated.
- 1 teaspoon vanilla extract.
- $2\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  cup milk.
- 2 cups sliced apples.
- 2 tablespoons melted butter or margarine.
- 1 tablespoon beet or cane sugar.
- $\frac{1}{4}$  teaspoon cinnamon.

Cream shortening and  $\frac{1}{3}$  cup sugar together. Add egg yolks and vanilla; beat well. Crush Graham Crackers very fine. Combine crumbs, baking powder, and salt; add to creamed mixture alternately with milk. Beat egg whites until stiff but not dry and fold into mixture. Spread one-half of the cake mixture into a well greased 8" square layer cake pan. Cover with 1 cup of the apples. Spread remainder of cake mixture over apples and then too with remaining apples. Combine melted butter or margarine, 1 tablespoon sugar, and cinnamon; pour over apples. Bake at  $350^{\circ}\text{F}$ . (moderate oven) for 45 minutes, or until apples are tender. Serve warm either plain or with whipped cream. Garnish with maraschino cherries.

Cost per serving: 6¢ (approximately)  
Calories per serving: 210 (approximately)

A wonderful,  
versatile  
family dessert.  
Inexpensive to  
make and  
unforgettable  
to taste!

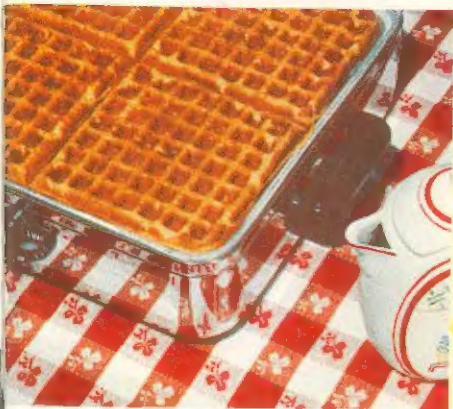


made with **Hekman's Honey-Flavored**  
*Graham* **CRACKERS**





# Hetty Hekman's *golden* GRAHAM CRACKER WAFFLES



A hearty,  
whole-wheat  
flavored  
breakfast or  
luncheon treat  
... or perfect  
dessert with  
ice cream!

Crush Graham Crackers very fine. Put into mixing bowl. Sift flour, baking powder, and salt together. Add to crumbs and blend thoroughly. Beat egg yolks, milk, and shortening together; stir lightly into crumb mixture. Beat egg whites stiff but not dry and fold into batter. Bake on preheated waffle iron.

Cost per serving: 5¢ (approximately)  
Calories per serving: 251.5 (approximately)

## FULL RECIPE EIGHT 4½" SQUARE WAFFLES

- 20 individual Hekman's Honey-Flavored Graham Crackers.
- 1 cup sifted all-purpose flour.
- 3 teaspoons baking powder.
- ½ teaspoon salt.
- 2 eggs separated.
- 1½ cups milk.
- 6 tablespoons melted shortening.

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*Graham* **CRACKERS**



# Hekman's<sup>®</sup>



*the quality mark of the Baker's Art*